



MORE THAN 50 WAYS TO PREVENT DIABETES

#15

Eat a small meal, Lucille

Take Your First Step Today. Talk to your health care provider. African Americans who are overweight are at high risk for developing type 2 diabetes. Losing a small amount of weight, by getting 30 minutes of physical activity 5 days a week and eating healthy, will help prevent diabetes.

For more information about diabetes prevention, call 1-800-438-5383 and ask for “More Than 50 Ways to Prevent Diabetes”




www.ndep.nih.gov

A message from the National Diabetes Education Program, sponsored by the National Institutes of Health and the Centers for Disease Control and Prevention.

4.5" x 5.25"

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4.5" x 2"



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2" x 4.75"



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2" x 10"



M O R E T H A N 5 0 W A Y S T O P R E V E N T D I A B E T E S

#15

Eat a small meal, Lucille

"Staying active has done a lot for me. Best of all, it was simple. I started doing small things like using the stairs and taking walks during my lunch break. When eating meals I began making healthy food choices and controlling my portion sizes. Because diabetes runs in my family, I know that it is important for me to take control of my health. Now I'm on a roll to preventing type 2 diabetes! I feel like a new woman and I have more energy for my granddaughter. That's my big reward!"

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small steps
big rewards
Prevent type2Diabetes

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M O R E T H A N 5 0 W A Y S T O P R E V E N T D I A B E T E S

#1

Less on your plate, Nate

"Staying active has done a lot for me. Best of all, it was simple. I started doing small things like using the stairs and taking walks during my lunch break. When eating meals I began making healthy food choices and controlling my portion sizes. Because diabetes runs in my family, I know that it is important for me to take control of my health. Now I'm on a roll to preventing type 2 diabetes! I feel like new and I have more energy for my wife and family. That's my big reward!"

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small steps
big rewards
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